

Red Lentil and Tomato Soup

Makes: 50 Servings

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Ingredients	Weight	Measure
Olive oil		1 cup
Onion, diced		16 cups
Celery, diced		8 cups
Carrots, chopped		8 cups
Red lentils, dried	8 lbs	
Canned tomatoes, crushed		16 cups
Chicken Stock		24 quarts

Garlic		8 Tbsp
Cumin		8 Tbsp
Chili powder		8 Tbsp
Cilantro, chopped		16 cups
Pasta	4 lbs	

Directions

1. Heat olive oil in a large stock pot over medium heat.
2. Add onion, celery, and carrot. Saute for 3-5 minutes.
3. Add garlic, cumin, and chile powder. Add red lentil and stir to coat.
4. Add chicken stock and tomatoes. Cook over low heat until lentils begin to fall apart.
5. Puree soup until creamy.
6. Add pasta noodles, which have been broken into 1" pieces and cook until tender, 8-10 minutes more.
7. Just before service, add chopped cilantro and season to taste.

Notes

Serving Tips:

Serve with a light mixed green salad; serve with mixed greens, avocado, and grilled chicken. Also, can be served with a grilled whole wheat pita bread and a fresh fruit salad on the side.

Source: Children First Academy (Recipes for Healthy Kids Challenge)